

## **Non-Motorized Transportation (NMT) Improves the Environment**

The energy expended by a pedestrian is roughly half of what it takes to transport that person by car. Riding a bicycle is five times more energy efficient than driving. If you're looking to reduce your carbon footprint, non-motorized transportation (NMT) can be a big help. Getting cars off the road reduces the environmental impact more than just removing those cars, since other vehicles can then travel more efficiently.

The Federal Highway Administration reports that 3% fewer cars on the road means a nearly 30 % reduction in peak congestion. 20-30% of “morning rush” traffic is transporting kids to school, and only 1/3 as many kids walk/bike to school as did in the 1970s. In the US, 40% of car trips are two miles or less; and 28% of trips are one mile or less, making them easy to do by bike and many can be walked. Of those less-than-one-mile trips, 2/3 are made by car, and 90% of trips less than 2 miles are made by car.

Reducing those car trips can have a significant favorable impact on vehicle emissions, since cars run least efficiently when warming up in the first few miles of driving. NMT can make for a greener Midland.

For more information: [www.midland-mi.org/government/departments/planning/Planning/planninghome.htm](http://www.midland-mi.org/government/departments/planning/Planning/planninghome.htm)